



need help with:

- eating healthy during pregnancy
- losing weight after pregnancy
- preventing too much weight gain while pregnant
- cooking healthier meals for your family
- a child who is gaining too much weight
- a child who is underweight
- picky eaters

ask us about Medical Nutrition Therapy

At your next WIC visit, you may be eligible to meet with a registered dietitian and learn how you and your family can make healthier choices.

Talk to your WIC nutritionist about MNT,
or call **(859) 288-2483.**
\$5 fee; Medicaid may cover



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www.lexingtonhealthdepartment.org